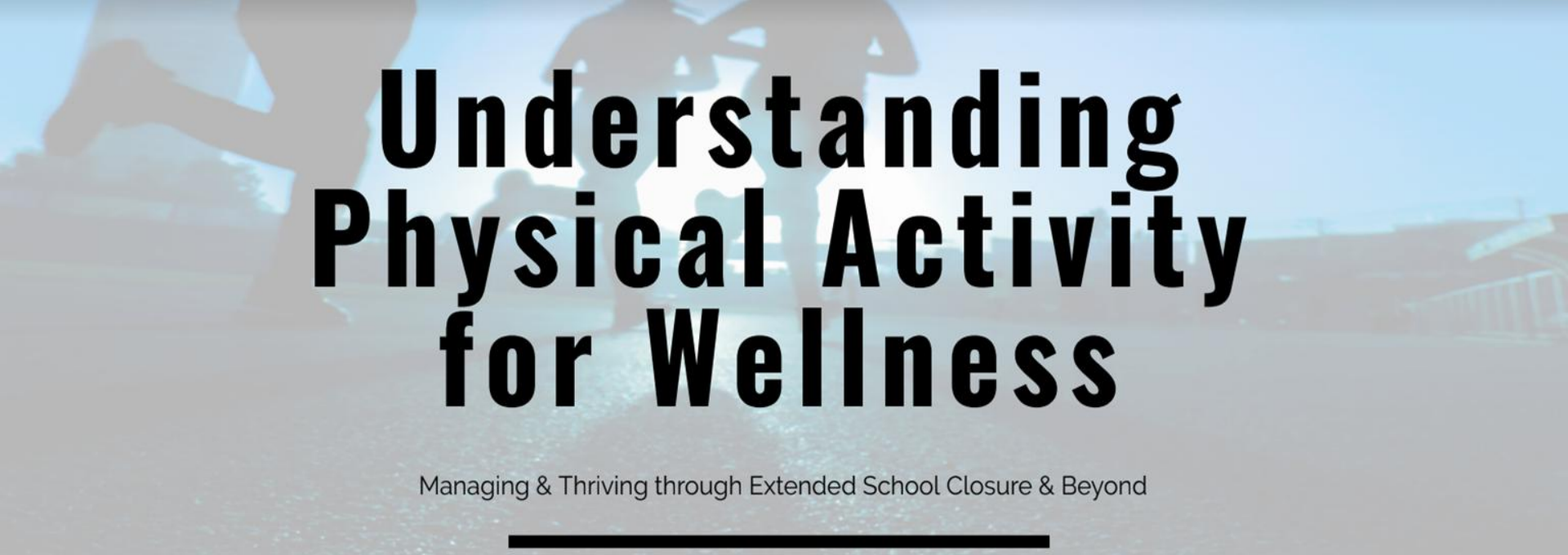


# Link to this video presentation

<https://www.youtube.com/watch?v=ICPQBaCDrd0>



# Understanding Physical Activity for Wellness

Managing & Thriving through Extended School Closure & Beyond

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## *MODULE #2*

### *Physical Activity for Physical Wellness*

Overview and Tips for Implementation for *High School Teachers*

# Welcome!

Overview of the purpose behind these modules:

<https://www.youtube.com/watch?v=FW-b4Wxuqnk&feature=youtu.be>

Commentary on how the purpose/focus of PE might shift during this unforeseen, extended school closure:

[https://www.youtube.com/watch?v=FKFYQcgSJwc&feature=emb\\_logo](https://www.youtube.com/watch?v=FKFYQcgSJwc&feature=emb_logo)

Designing Useful Online Physical Education Content During a Rapid Transition to Online Learning:

[https://www.youtube.com/watch?v=KW7JJSwcmWc&feature=emb\\_logo](https://www.youtube.com/watch?v=KW7JJSwcmWc&feature=emb_logo)

# How's it going?

- What successes have you experienced over the course of the week?
- What successes have your students experienced?
- How did your communication strategy work?
- Were you able to model your own physical activity engagement?
- Did you invite students into meaningful movement experiences?
- To what extent did you customize the module/resources to fit your students'?
- What strategies did you apply to support students' transition to online PE?

# Remember

- We want students to manage and thrive during this time (and always!)
- Try to focus on encouraging students to engage in meaningful movement  
<https://meaningfulpe.wordpress.com/2020/03/20/meaningful-hpeathome-2/>
- Think about what your school is requiring and make-decisions that best support your students

# What's new?

- Module #2 video presentation, content slides, movement resources, & aligned, meaningful assessments
- Shared 'Document Resource' folder
- Shared 'Internet Resource' Excel sheet
- **Movement resources folder**

# Module #2

## *Essential Questions*

What are the physical activity (PA) recommendations for my age group?

Why should I try to avoid being sedentary throughout my day?

How can meeting weekly physical activity recommendations benefit me physically?

# This week, try to help students...

## **Know...**

- ...the PA recommendations for their age-group
- ... the physical benefits of PA engagement
- ... how to create two (2) SMART goals for engaging in PA for physical benefits

## **Perform...**

- ...movement breaks which interrupt sedentary behavior every 30-minutes
- ....three (3) physical activities \*of your choice\*

## ***Reflect...***

- ...on your personal strategies for increasing PA engagement to support the achievement of your SMART goals



# How to access module materials

“Make a Copy” of the content, assessments, and/or resources for yourself from the GoogleDrive

OR...

Download the items off of the GoogleDrive and save them to your computer, so you can use your local learning management system

\*Be mindful of colleagues who might not be active on social media. Please feel free to share the GoogleDrive Link with them via email or text, etc:

# Link to Voiceover Version of Content Presentation

(Also accessible in the *Watch, Listen, Read* Folder on the GoogleDrive)

[https://youtu.be/coEtz\\_BN8iQ](https://youtu.be/coEtz_BN8iQ)

## Link to How to Add Voiceover in iMovie:

<https://www.youtube.com/watch?v=Zjx1IH6Eao8&feature=youtu.be>

# ENJOY!

- We hope this is an enriching experience for all of you
- Please remember to practice self-care during this time
- All the best, take care, and we will check back in next week for Module #3 content, materials, and teacher support!
- Dont forget to add customized or curated movement resources and/or assessments to the Drive!